



A midwife crisis Page 3

Colleen Book feeds her daughter, Charlotte. Colleen wanted a midwife during her delivery but was unable to find one. Photo by Lauren Golosky

Regina inner city pools face closures

Eric Bell
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Some local residents may have to find other ways to beat the summer heat following a report released by the City of Regina. It recommends the closure of two of Regina's five outdoor pools and investing \$12 million to redevelop Wascana pool.

Alex Buchan, a lifeguard with the City of Regina, believes keeping outdoor pools is important in order to provide children with access to leisure opportunities, particularly in inner city neighbourhoods such as North Central and Heritage. The Dewdney pool in North Central and the Maple Leaf pool in Heritage have free admission and are always busy, Buchan said.

"Dewdney gets the same 50 kids every day, rain, shine, anything, they always come. They have nothing else to do, so they come to the pool," Buchan said. "It's not just about access to leisure, it's about access for a safe place to be for the

"Dewdney gets the same 50 kids every day, rain, shine, anything, they always come. They have nothing else to do, so they come to the pool."

-Alex Buchan



Alex Buchan, a lifeguard, says outdoor pools are important for inner city youth. Photo by Eric Bell

day. You can even consider it part of the money the city spends on providing for inner city youth. I think the city should be putting it in that context."

Elizabeth Curry, who lives near the Maple Leaf pool in the Heritage neighbourhood, said that the pool is a hub for her community, an area with a mix of high and low income families.

"All of the community comes to that pool. It's not just one group that uses it, it's a part of the neighbourhood," said Curry. "I recognize that it does mean investment to keep these pools maintained. It's partly a failure on the city to come to the point where they need to make these big expenditures. They should have been investing

in them as time went on. It shouldn't have to fall on the community to have the burden of taking the pools away entirely," she said.

Curry also said that affordable recreation is something the city should provide. "I can't buy that they don't have the money to keep these pools maintained, it's that they don't have the priority to do so," she said.

Dean Dodge, coordinator of program services for the City of Regina, says the city's outdoor pools are between 50 and 65 years old and in need of major repairs that would cost \$16.5 million.

"The main thing the report focuses on is Wascana pool. Wascana pool is seen as

an attraction, and we are looking to see what we can do to improve the overall experience there," said Dodge.

"The cost is a factor on all the decisions we make," Dodge said. "If you continue to take money from one area and give it to another, you are forced to make some decisions. You just can't continue to operate everything."

City council is expected to discuss the report's recommendations at its next meeting, and public consultations will be done throughout the spring and summer. All five outdoor pools will remain open for the 2013 season.

Basa fish swim to Luther College cafeteria

Kristen McEwen
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The source of the fish served in the Luther College cafeteria is anything but a mystery. Some students and professors have complained about where the Basa fillets, one of the dishes served in the cafeteria, originate. But Connie Korol, the food service manager at Luther College, said she researched the fish before bringing it to the school cafeteria and has made the dish at home. “You can go on the Internet and get all sorts of opinions, even (with) farmed salmon you get varying opinions on that as well,” she said. “I guess a person has to make a decision and go with that then. I didn’t know really what else to do. I had to make some sort of choice for these guys here.” The fresh-water catfish, also known as pangasius, is farmed in the Mekong River which runs through Cambodia and Vietnam and the Chao Phraya River system which runs through Thailand. The concern lies in how the fish are raised. According to the Pangasius Seafood Report published in 2007 on seachoice.org, aquaculture methods for the river catfish use more ponds than cage cultures on fish farms in areas like Thailand and Vietnam. If a fish is farmed in a pond culture, the fish are fed homemade feeds and natural



Manager of Pacific Fresh Fish Ted Pratt holds a lobster. The store is a supplier of Luther College cafeteria, which serves Basa fish, a ‘Good Alternative’ on the Seafood Watch guide. Photo by Kristen McEwen

feeds and kept in self-contained environments, keeping bacteria in the environment with other fish. If a fish is farmed in a cage culture, cages are placed in natural bodies of water and allow water to flow through the area. This culture also allows bacteria to flow into the natural body of water. Fish farmed in these cultures are also fed homemade feeds. These homemade feeds often include “trash fish,” which include a number of species of fish and invertebrates. Trash fish is also used as fish sauce, fish flesh, livestock feed and aquaculture feed. While the way the fish is raised may be questionable, a fish can be determined to be good or healthy by the way it smells, according to consumer tips on seachoice.org. “Personally, I like the taste of it too,” said Korol. “It doesn’t taste muddy; it’s a nice, clean-tasting fish.” Basa fish is one of the most inexpensive fish. At Pacific Fresh Fish, one of Luther College’s suppliers, the freshwater fish goes for \$6.99 per pound. “We try to buy a once-frozen Canadian product: fish that’s been caught in Canada, processed in Canada and if frozen, of course frozen and shipped to us,” said Ted Pratt, manager of Pacific Fresh Fish. While the Basa fish is farmed in Thailand and Vietnam, Pratt said the fish

the store supplies follows the Seafood Watch – a guide to West Coast Sustainable Seafood. There are three lists seafood is categorized under. Ninety to 95 per cent of the fish supplied in Pacific Fresh Fish is listed on the ‘Best Choices’ list, said Pratt. According to the guide, “Best Choice seafood is well managed, abundant, and caught or farmed in environmentally sustainable ways.” Seafood under the ‘Good Alternatives’ section suggests that there “may be concerns as to how they’re caught or farmed” or if their environment is endangered due to humans. Seafood on the ‘Avoid’ list comes from farmed or wild sources with problems such as habitat damage, low populations, poor management and critical impact on other species. Basa fish is listed as a ‘Good Alternative’ on seachoice.org, meaning there may be concerns about how they’re farmed but it isn’t considered a product to avoid. Pratt said the store only supplies one type of tuna – Ahi tuna - due to the high demand of the fish in sushi restaurants. “We don’t carry certain fish anymore such as the Chilean sea bass, or shark,” he said. “We avoid (shark) because of the over fishing ... and even the illegal fishing of shark.” As for those who don’t like the Basa fish, Korol said it’s a matter of opinion. “Everyone has a personal preference. If they choose to eat it, that’s their choice,” she said.

Getting rid of the penny makes ‘cents’

Shinoah Young
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The country’s one cent coins are going back to the Bank of Canada for an official retirement in distribution. The copper coin costs more to make than it is worth (roughly between two to two-and-a-half cents), according to the finance department and the Royal Canadian Mint. “Some people are surprised it started already,” said Brigitte Nelson, a Chartwells cafe worker on campus. “It only affects the cash transactions; the transactions with a card stay the same cents-wise and I have more debit and credit transactions daily than cash.” Eliminating the penny makes sense to University of Regina economics professor Jason Childs. “The other thing to remember is there’s costs associated with managing pennies and keeping them in circulation because somebody’s got to count them and cashing out at the end of the night - what a pain it is to add an extra 15 minutes on top of a retail worker’s shift,” said Childs. “I don’t think eliminating the penny would affect a business’ cash flow but going completely cashless would. Using debit and credit cards is becoming more convenient. Some places have gone completely cashless for example, airlines if you’re on a flight and you want to buy lunch on the plane they won’t take anything other



Jason Childs, an economics prof. at U of R, is about to count the last of his pennies. Photo by Shinoah Young

than plastic. No cash whatsoever,” said the economics professor. “Where I think we might see some changes are in particular the charities that depend on that kind of cash box donation that box at the till. If you’ve got three pennies you might throw them in often; a nickel you might not.” The Penny Project was a Habitat for Humanity program where local charities collected several millions of pennies to help raise funds to build less fortunate families new homes.

for cosmetic uses. However “there’s a big distinction between a pre ‘95 penny and a post ‘95 penny, any pennies produced before ‘95 are mostly all copper and anything after, are mostly zinc with a copper overlay,” said Childs. “Retiring the penny adds more convenience rather than complexity and it’s an incremental step towards efficiency. Being a consumer myself, I don’t like to carry around a pocket full of change,” said U of R marketing professor Dwight Heinrichs. “More and more we’re going into a cashless society where fewer and fewer transactions actually occur with coins,” said Heinrichs. As for collecting all that change, Heinrichs said, “It’s a nuisance to collect and count and roll it”

GET THE FACTS

- The first Canadian cent was created in 1858
- In 2011, the Royal Canadian Mint produced 600 million pennies
- The mint stopped producing pennies in May 2012
- There has been 35 billion pennies made since 1908
- The maple leaf design was first used in 1937

Midwife shortage rattles Sask.

Lauren Golosky
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Saskatchewan is experiencing a baby boom right now, but some women aren’t able to have the births they want. The province is currently facing a midwife shortage, leaving some expecting mothers on a wait list for a midwife, who assists during and after the birth. This was the case for Colleen Book. When she was four months pregnant, Book turned to the Midwives Association of Saskatchewan to find a midwife, only to discover Regina has just two midwives. She was put on a wait list. “I was definitely shocked that there was not only such a demand for it, but such a wait list for it,” Book said. Currently, the Regina Qu’ Appelle Health Region has a wait list of 114 women hoping for a midwife. Some, like Book, won’t be lucky and their birth plans then have to change. “I was really disappointed I couldn’t have a midwife,” said Book. “The hospital experience is so medical that it was definitely off-putting and I didn’t expect it to be quite so cold. It kind of would have been nice to have a midwife who could guide you through it and act more of a guide than just a doctor who tells you what you have to do. There’s not that personal touch.” Midwifery services are relatively new to the province, with the Midwifery Act only being passed in 2008. The provincial government first implemented its

midwifery pilot program in Saskatoon in 2009. Although the service has spread to two other health regions – Regina Qu’ Appelle and Cypress – there has been a struggle to fill midwife positions. Brenda Collacott, a program consultant with the Ministry of Health, said the program is still in its developmental stages, but the province hopes the program will attract more midwives. One of the challenges Saskatchewan faces is the lack of midwifery training programs in the province. Currently, there are only seven midwifery programs across the country. The closest one is at Mount Royal University in Calgary, but it is a new program; previously, would-be midwives had to relocate as far as British Columbia or Ontario. **“It kind of would have been nice to have a midwife who could guide you through it”** - Colleen Book This is problematic for internationally-trained midwives such as Debbie Vey, who came to Canada from the U.K. Vey is the lone midwife at the Women’s Health Centre in Fort Qu’Appelle. Her clients come from as far as Yorkton, Melville and Regina. Her caseload includes up to 35 clients a year, in addition to 90 prenatal clients. “I take on more than I should,” she said, adding that she had to turn away 12 clients last year. “That’s four a month who wanted midwifery care, but I couldn’t

physically take them.” Vey expalined that internationally-trained midwives are required to undergo a yearlong assessment process. This process means the midwife has to leave Saskatchewan for B.C. or Ontario. However, Vey thinks the process is necessary. “All midwives have to have the same standards,” she said. “Every midwife across Canada should be at the same level.” However, Book thinks the province should be doing more to bring midwives to the province, especially as the population increases. “To have a population boom in Saskatchewan right now, to have our population growing so fast, yet to only have two midwives...it seems like they’re not doing all they can,” she said. Book said the province needs to institute some kind of midwifery program. “Where are midwives going to come from if Saskatchewan Health isn’t setting up training programs for them?” she said. Vey agreed. “We do have homegrown students that want to do midwifery but can’t because you have to leave the province,” she said. For any future pregnancy, Book hopes to have a midwife and plans on getting on the wait list earlier. “I hope that there is some change so people can have the birthing experience that they want because it’s very personal; it’s very scary,” she said.



Valentine’s Day memorial

Penny Smoke
@oncecent4u

Vigils for missing and murdered Aboriginal women are common in Regina, but this year’s Valentine’s Day Memorial for Missing or Murdered Aboriginal People now include men. “We can’t just say missing or murdered women any more. We needed to look at the issue of missing and murdered persons, and to also give credit to the men that have also gone missing or were murdered,” said organizer Brenda Dubois. “When you take a look at the list of people who are missing through Saskatchewan, you (must) acknowledge that there are men and young boys missing – especially with Cody (Wolfe) over the last while, that was real an eye opener.” Cody Wolfe is a 17-year-old from the Muskowegan First Nation, just east of Punnichy, Sask. He was last seen leaving his grandmother’s residence on the First Nation to visit another relative 8 kilometres away, and since then has not been seen. For Vincent Poorman this is something that really hits home. His son Vincent Joseph Morrisseau-Poorman Jr. passed unexpectedly from gun violence in 2007, in a case that is still unsolved. It

is events much like the Valentine’s Day Memorial that have helped Poorman cope with his son’s death and find support from others in the same situation. “I thought I was alone all this time. I went to an anti-violence rally a few years ago and got to meet people that were in the same boat as I was, and it was such an overwhelming feeling, like, good, I’m not alone in this,” said Poorman “It also opened my eyes to see that there is a lot of other people out there suffering too - with what I have been through with my son passing. I will definitely be going; I will make time for it for sure.” The memorial will take place on Feb. 14 at Angel’s Square on Dewdney Avenue and Montague Street.The event will begin at 11:30 a.m with an opening prayer by an Elder followed by songs from the Rainwater Singers, an all women’s group. It will wrap up at 1.p.m. with a circle check, somewhat similar to a talking circle where people will have a chance to share their thoughts or feelings with all in attendance. This memorial is open to the public and has been scheduled so people who work may also have time to attend.



Vincent Poorman Sr. holds a memorial and sits with one of the last art project’s done by his murdered son Vincent Poorman Jr. Photo by Penny Smoke

School divisions plan for longer classroom time

Iryn Tushabe
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Could extended learning be the answer to the problems facing Saskatchewan's education system?

On Jan. 23, Saskatchewan Education Minister Russ Marchuk announced a mandated minimum of 950 instructional hours each year.

Now school boards are working quickly to create new calendars that incorporate 40 extra hours of learning.

The new calendars take effect next semester.

"I know that the idea behind the extra instructional hours is that it was meant to improve learning outcomes, basically improve standardized testing scores and as a school division that is something we are always seeking to do so we are hoping that that's the effect that it will have," said Noah Wernikowski, communications officer for Regina Catholic Schools.

Campbell Collegiate principal Todd Edwards is a little less optimistic.

"The more time kids have to learn, the better, but will an extra few minutes a day improve problems like low graduation levels? I don't think so," said Edwards. According to Edwards, students who miss class often are the ones who mostly don't succeed in school, and a few extra minutes in class will not help them.

But regardless of anyone's opinion, school boards have until the end of May to provide new calendars for their respective

schools. "Officially as a school division we don't have an opinion on its effectiveness but basically what is important to us right now is that we have to honour it and go through the extra work in order to make this calendar as good as it can be," said Wernikowski.

The Regina Public School Division is also in preliminary stages, which include working with their stakeholders to incorporate the new regulations into a calendar for their schools.

"Some of the groups we are working with include the Regina Public Schools Teachers' Association, the school community councils - a group brought together to work with a school on some of the issues that affect that school," said Terry Lazarou, supervisor of communications for Regina Public Schools.

"We are also working with some of our union groups before we proceed with any actual plans or set dates," added Lazarou.

When the new school calendars come into effect, it could upset some systems which individual schools already have going.

Campbell Collegiate is experimenting with a new project with their advisory program by replacing homeroom time on Tuesdays and Thursdays with twice-monthly assemblies.

"That 15-minute advisory time adds up to 30 minutes by the end of the week and every two weeks there will be an hour-long assembly time where we can



Campbell Collegiate principal Todd Edwards is skeptical about the value of slightly-longer school days. Photo by Iryn Tushabe

have a motivational speaker or a film or something else like that," said Edwards. The move is meant to enrich students' lives.

According to a study done by the Brown University-based Annenberg Institute for School Reform, an extensive range of activities and learning experiences beyond the core curriculum helps students transition into adulthood and become aware of the larger world.

The project is only in its beginning stages and its getting mixed opinions from students.

"I'm not a big fan of the new change

because I like homeroom," said Ringo Jedlic, a Grade 10 student at Campbell Collegiate.

Grade 11 student, Alesha Johnson doesn't mind the new changes.

"Sometimes it can be a little confusing but maybe after a month it will start being normal. But it's okay," she said.

Whether this project yields its desired results of engaging students in material beyond the classroom or not doesn't matter because come next semester, the program will likely be no more, according to Edwards.

2013 marks 'International Year of the Quinoa'



Head Cook of 13th Avenue Coffee House in Regina, David Drummond. Photo by Chelan Skulski

Chelan Skulski
@ChelanSki

People around the world are going crazy for quinoa, and Saskatchewan is no exception.

Bolivia named 2013 the International Year of the Quinoa to promote the nutritional benefits of the seed, pronounced keen-wa. This special year also aims to credit the hard work of the Indigenous peoples for preserving the seed in Ar-

gentina, Azerbaijan, Ecuador, Georgia, Honduras, Nicaragua, Paraguay, Peru and Uruguay.

The word has spread and menus across North America are flooded with quinoa options.

Along with popularity the seed has also acquired controversy. A recent article in The Guardian suggested that while the seed provides nutritional benefits, farmers who grow it can no longer afford to eat it due to rising prices.

Some experts have challenged this argument, stating that while demand has increased, those farmers are now able to make a sustainable livelihood from farming quinoa.

In an attempt to meet this demand in Canada, Saskatchewan farmers are now growing the seed.

"We started in the 1990s thinking quinoa was going to be the grain of the future and the grain of the '90s and then the 2000s and it wasn't until 2010 when it started to pick up. Our customers were smaller and quinoa was more of a niche thing; they have grown with us over the years...Now that quinoa is popular enough we can rely just on the quinoa product," said Michael Dutcheshen, manager of Northern Quinoa Corp.

Quinoa grown in Saskatchewan is a golden colour whereas quinoa grown in southern countries is white. Taste also differs slightly however nutritionally the products are quite similar.

Dutcheshen said that the seed is successful in Saskatchewan but it can only be grown in certain regions. For example, the Northern Quinoa Corp grows primarily north of Highway 16, near Norquay, because southern parts of the province are subject to potential heat blasts which can damage the crop. Also, Saskatchewan can only harvest from May through September.

David Drummond, head cook at the

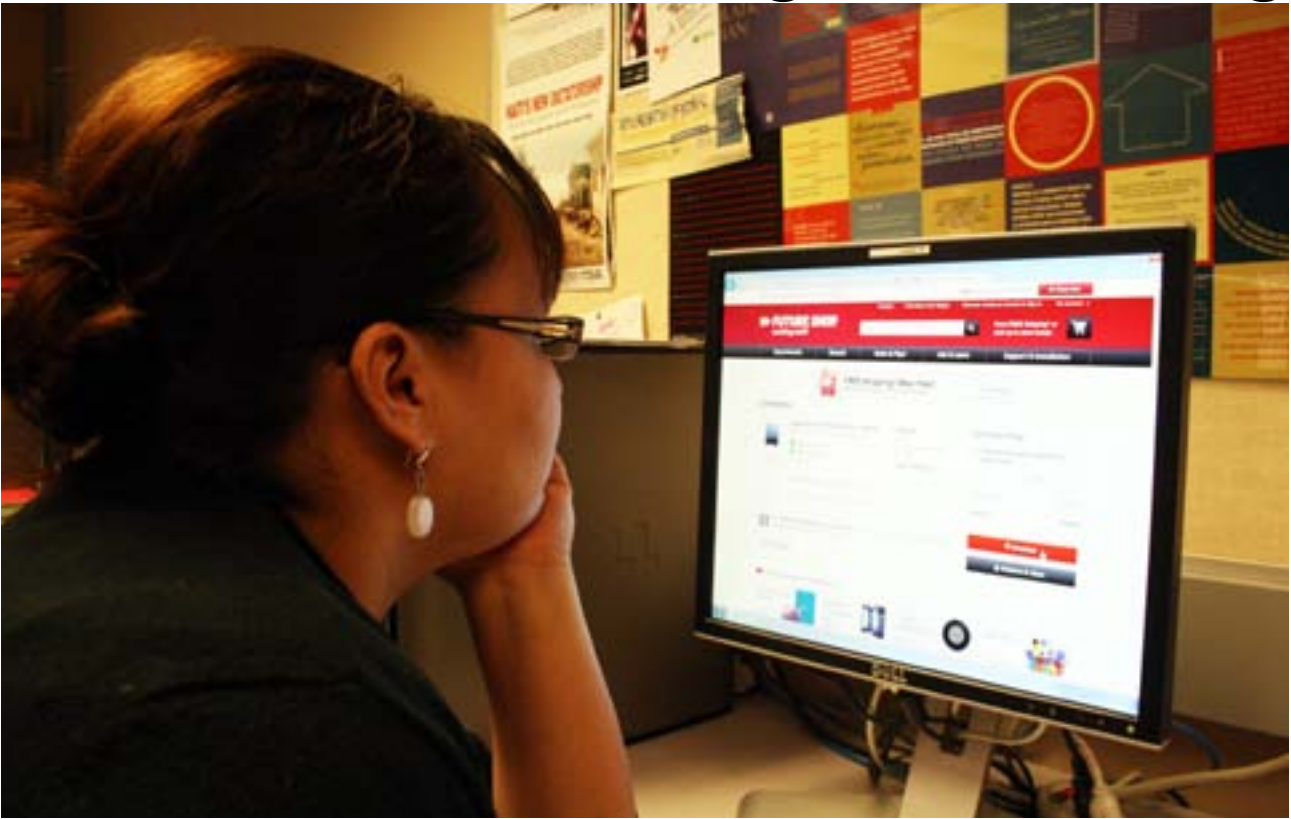
13th Avenue Coffee House in Regina began using quinoa two years ago. "We substitute the rice in our rice bowls for it. (it sells for) any where between \$12 to \$13. I find it goes really good with the Jiven Jerk Bowl; it's a spicy jerk sauce with pine-apples, it's really good," he said. However, the limitation of Saskatchewan's growing season causes the restaurant to purchase imported brands, such as TruRoot, during the winter months.

"Now that quinoa is popular enough we can rely just on the quinoa product."
-Michael Dutcheshen

Drummond said quinoa's ease of cooking might be a reason for its popularity, "You would usually just cook it in a rice cooker, and you can also steam it. You can grind it up (and) use it as flour. There's a lot of things you can do with it, you can roll it up and use it to make quinoa flakes," he said.

But the food's main attraction is its nutritional quality. "A cup can range from about 5 and 10 grams of fiber and between 10 and 15 grams of protein. It's actually considered one of the highest quality plant sources of protein," said Katherine Mcleod, health studies and kinesiology professor at the University of Regina. Research indicates quinoa is a healthy choice regardless of where it is grown.

Canadian retail dealing with online growth



Future Shop and Best Buy stores are moving towards an online-oriented format. Photo by Braden Dupuis

Braden Dupuis
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In an announcement that caught even their own employees off guard, Best Buy Canada announced last week it would be closing 15 Canadian Best Buy and Future Shop stores, effective immediately.

The reasoning behind the closures, according to a Best Buy Canada news release, is a corporate shift to what Best Buy is calling "small-concept" web stores - small locations designed for customers to browse through before making their purchases online.

But the move didn't come as a shock to everybody.

"I'm not really surprised," said Harvey King, an economics professor with the University of Regina.

"Sometimes that's just part of the normal give and take of industries, right? Things grow and change. I don't see it as the end of the world in terms of big changes."

Despite the increase of online shoppers in recent years, King doesn't view the online market as a threat to Canadian retail overall.

"It's growing, but not at a huge rate," King said of the online market.

"It's getting more and more important, but it's still not really huge in terms of its

overall dominance in the market."

While certain vulnerable industries like music and video have been "hollowed out" by the rise of widespread internet services, it's hard to see the same thing happening to other areas of retail, King said.

People are much more hesitant to make purchases online when it comes to things like clothes, cars or washing machines or "what people call experience goods, where you want to go and try it out to some degree before you buy it," King said.

Despite the initial reluctance of the consumer public to commit to that type of online shopping, that hasn't stopped some retailers from trying to buck the trend.

"I think they are (trying) a little bit already, and I know that there's a lot of places that are going to stab at that and try," King said, adding that when it comes to items like clothes, online retailers who offer good return policies are often the ones who succeed."

Abraham Lancaster, a commission-based salesperson for The Brick, said that while he still has a job, the rise of online shopping has had a noticeable effect on his livelihood.

"Absolutely it has. There's no commission being paid," he said.

"If you're buying something online you're paying the same price for it that you would be if you were buying it in the store, but (the money) is just going to directly to the company."

While Lancaster has his worries about online shopping's effect on Canadian retail jobs, he said he is confident he could find a replacement job if need be.

And according to King, the loss of 900 retail jobs is just a drop in the bucket.

"That's not a lot in a country that usually creates 200,000 jobs a year," he said, adding that there will always be the need for young employees in the so-called "service areas."

"They might not always be retail, maybe more likely they'll be in restaurants or in other areas," he said. "I think some retail jobs will be changing, but it's hard to predict."

But the state of retail jobs isn't the only unpredictable factor when it comes to the Internet and economics.

"Fifteen years ago, nobody would have predicted streaming video would basically destroy someone like Blockbuster, which 15 years ago was busy destroying other places," King said.

"That's the hardest part to see."

Whatcha Say?

Do you shop online?



Yes, I shop online for things I actually can't get in the city.
Samantha Bancescu



Sometimes, when I have the money or a credit card.
Laynee McDonald



I look online but never shop. I don't have a credit card and it's too easy. You don't have to go to the store it just comes right to your house.
Nicole Pederson



You don't necessarily have to go to a store for it. Things that I like you can't even buy in Canada.
Chris Lindenbach



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University of Regina

Professors awarded \$1.2 million



Thanks to a hefty grant, researchers at the U of R are taking a closer look at possible treatments for cancer and chronic pain. By Dietrich Neu

Dietrich Neu
@DietrichNeu

Two University of Regina professors have come out winners in a nationwide race for funding.

Both Nick Carleton and Mohan Babu have been awarded \$1.2 million in grants for two health research projects at the U of R.

Carleton received \$467,499 to research chronic pain, while Babu has received \$785,135 to research mitochondria. Both grants are part of the Canadian Institutes for Health Research's yearly grant competition – which doles out approximately \$240 million every year to over 14,000 health researchers in Canada.

“This funding is a testament to the excellent research being conducted at the University of Regina,” said Dennis Fitzpatrick, U of R vice-president of research. “Our university is conducting world class research that is making a difference in people's lives around the world.”

The CIHR's Operating Grants Competition is highly competitive, with 4,577 applications and only 485 grants awarded. Saskatchewan universities won a total of \$2.3 million this year.

“We are really excited that the University of Regina was able to get the funding that it has,” Carleton said. “The process is incredibly competitive. I think we did fantastic as a province, and certainly we did really well as a university.”

Carleton, an associate professor of psychology, will receive \$467,499 over five years to use computer software to help fibromyalgia patients. The disorder causes chronic pain all over the body, and there is no known cause or cure. In a pilot study, the software proved to reduce symptoms by up to 30 per cent after they used the program for a few minutes each day.

“There is a lot we know about the psychology of pain now that we didn't know even five years ago,” Carleton said. “Pain is a complex phenomenon. Pain is not simply, ‘My nerve sends a signal to my brain and now I feel pain.’ We know that is it associated with symptoms of avoidance, fear, anxiety, (and) what they are paying attention to. This doesn't mean that the pain isn't real; it just means that the pain is being experienced differently.

“For people with chronic pain, over time, pain starts to change the way they think about pain,” he said.

According to Carleton's pilot study, patients with chronic pain react negatively to pain-related words. His software reverses this dynamic, using neutral words to reduce pain in patients with fibromyalgia. For instance, the word “agony” will create small pain, while “sock” would neutralize it.

“The results have been very encouraging,” Carleton said.

The CIHR also awarded \$785,135 to Babu, an associate professor of biochemistry, to study a number of mitochondrial diseases. Mitochondrial cells serve a wide range of crucial cellular functions. Any dysfunction within the cell can cause cancer and neurodegenerative disorders – and usually do.

Babu's research team is monitoring the interactions between mitochondrial proteins and genes to create what he calls an “interaction map,” which will have mapped hundreds of thousands of interactions when it is finished.

As the data on mitochondria is collected, Babu's lab will create a vast network of information that will allow future graduate students and scientists to conduct specific research.

“I strongly believe that this kind of study will create a lot of breakthroughs,”

Babu said. “The idea here is that once we create this interactive map ... one person cannot explore the endless possibilities that will come from this data. It will give the community the chance to use the data we are generating, and that way they can use that to make important discoveries.”

The project was already underway before the CIHR awarded Babu's lab additional funding. The team is al-


ready 20 per cent complete, and expects to publish several papers over the next four years.

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Make love not waste on Valentine's Day



Chocolates are a popular Valentine's Day gift but the packaging can be wasteful. Photo by Julia Dima

Julia Dima
@JuliaVDima

Valentine's Day is a day to show love, but it's also a day that creates a lot of waste, according to some environmentalists.

According to the Retail Council of Canada, the average Canadian spends \$92 on Valentine's Day products. The most popular purchases are the classics: chocolates and flowers. But chocolates are eaten, wrappers are tossed, roses wilt and Valen-

tine's cards get thrown away by March.

Some Canadians are finding more environmentally responsible ways to celebrate Valentine's Day. Ten Thousand Villages, a fair trade boutique, sells organic chocolates and other small gifts made by independent artists from across the world. Alicia Miller, an employee at Ten Thousand Villages, said consumerism dominates the occasion.

“It's just another way for corporations

to market stuff pink and red so they can make money off of it,” she said. There are ways to have an eco-friendly Valentine's Day, like purchasing fair trade gifts achocolates, and also having fun without spending any money, according to Miller. “Maybe do things instead of buy things. Go out and build a snowman for Valentine's Day or something,” she said.

Naomi Beingessner, executive director at the Regina Public Interest Group, which

focuses on environmental sustainability, has two young children who bring home a lot of valentines. “It wasn't just cards that they exchanged. (My son) came home with cards with suckers stapled to them and little bags of candies attached. I thought that was wasteful, and I didn't really want my kid to have all that candy,” she said.

It's possible for her family to celebrate Valentine's Day without buying candies and cards, according to Beingessner. “We've always kind of thought that time and effort made love,” she said.

The Winnipeg card company Botanical Paperworks sells cards that are made from seed paper, recycled paper implanted with wildflower, vegetable or herb seeds. The cards can be planted and grow into flowers or herbs.

“Once the consumer is done with the product, it's not wasted,” said Laura Fitzpatrick, store manager. “I love our product. First of all, we're taking waste and turning it into something beautiful, and at the same time, our customer can then go and do the exact same thing.”

Another way to celebrate an eco-friendly Valentine's Day is buying organic flowers. According to the environmental resource The Green Guide, most stem-cut flowers come from outside North America and many are treated with pesticides - perhaps not the best way to say “I love you” to your partner or the planet.

Valentine's Day has long tradition



Heart-shaped treats recall St. Valentines. Photo by Maureen Mugerwa

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Roses are red, violets are blue, sugar is sweet, and so are you. It's about that time for cheesy lover lines, chocolate hearts and flowers.

For some, Valentine's Day is a way to show the ones you care about that they are loved. For others, it is just another day to spend money on things that will be thrown away in an instant.

The history of Valentine's Day is a mystery. There are three different saints

recognized by the Catholic Church named Valentine or Valentinus. One legend states that Valentine was a priest who served during third-century Rome. When the Emperor Claudius II decided that single men were better soldiers than married men with families, he declared it illegal for young man to get married.

When Valentine realized how unfair this was, he went against Claudius and continued performing marriages for those young men, in secret. When Claudius found out he ordered Valentine be put to death. There are other stories suggesting

Valentine was killed for attempting to help Christians escape harsh Roman prisons. There are many other legends, all depicting Valentine as a romantic figure.

By the 18th century it was common for many people to exchange small presents and letters to show their affection.

According to Andrew Van Os “Valentine's Day is changing in the fact that people who are single on Valentine's Day make it a joke but when you actually have somebody for your Valentine, that's when it's actually serious,” said Van Os, a member of the Business Student's Society

at the U of R.

The Business Students Society put on the Kiss & Tell, a Valentine's Day Cabaret at The Lazy Owl on Feb. 8. Prizes from Industrial Luv were given away.

If you are looking for chocolate for that special someone, Chocolates by Bernard Callebaut is a popular place. Owner David Loblaw said his chocolates are in demand “because there are no preservatives and no chemicals. They're made with all natural ingredients, fresh creams and a lot of organic products in it. They are handmade.”

He said pre-order customers are always 99 per cent women but 99 per cent of purchases from Feb. 13 on are by men. And those men are usually in a panic, Loblaw said.

Loblaw encouraged customers to pre-order because the store runs out of its heart chocolates and cupids quickly.

“We tell those men that are coming in on the 14th to not make eye contact with any of the men (standing in line) because they are going to be glaring at you. Walk in the shop, put your head down, say your name, grab your product and get out of there,” said Loblaw with a laugh.

More research required on elk antler supplement

Arielle Zerr

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Athletes are always looking for a competitive edge and Regina resident Dave Limacher is looking to cash in on what has become a controversial grey area of natural hormone-boosters.

Limacher is the owner of Vigr, a Saskatchewan company that produces elk antler pills, a similar product to the deer antler spray recently tied to Baltimore Ravens star Ray Lewis and PGA Champion Vijay Singh.

Limacher began selling the product after taking the product as part of a weight loss challenge at work.

"I was inspired to find out the optimum lifestyle. I thought there's got to be a perfect way to balance health and eating and exercise. There's got to be an optimum pill that a person can take that can do everything the body needs. And it was elk velvet antler," he said.

It was his personal experience that inspired Limacher to start Vigr and begin selling elk antler pills. The majority of the elk antlers come from local Saskatchewan elk farmers who harvest the antlers for Vigr's supplements. Vigr is certified by Health Canada and, according to Limacher, elk antler pills include a number of naturally occurring minerals like phosphorus, calcium, magnesium and zinc and they also speed healing, boost white blood cell counts and promote cell growth.



Vigr Elk Velvet Antler is available in health food stores in Saskatchewan. Photo by Arielle Zerr

Elk antler pills also stimulate a natural growth hormone, insulin-like growth factor 1, which is what's causing controversy in professional sports. Professional sports organizations including the NFL, MLB and PGA as well as the World Anti-Doping Agency – which determines the banned list for the Olympic games – have banned IGF-1.

The ban does not include elk antler pills specifically, just the IGF-1 that occurs in it.

"IGF-1 is banned by taking it itself, or with growth hormone. Growth hormone is naturally produced in the body but

when you take it synthetically it can increase production of IGF-1 and that's a main precursor to protein synthesis which can lead to an increase in muscle mass. Therefore the person appears stronger, bigger, faster," explained University of Regina Kinesiology professor Darren Candow, who studies athlete performance.

"The controversy is a hormone derivative or insulin-like growth factor is illegal in certain circumstances. (Elk antler pills are) an artificial derivative that you're taking to enhance a natural increase in hormonal response. You wouldn't get that

naturally," he said.

Candow says he's not sure if elk antler pills should be banned from professional sports, even though many professional sports agencies have already banned one of its ingredients. "As it stands right now there's a lot more research that needs to be done on it before we can make any decisions," he said.

But Candow stresses that if IGF-1 has been banned by your sport, athletes should not risk taking it.

Rick Hubick, Manager of Old Fashion Foods on Rochdale Boulevard, was not aware of the controversy surrounding elk antler pills. He said that he's been carrying the product for a few years now because his customers want it.

"They like it for the extra energy," Hubick said.

Limacher, on the other hand was happy to hear that athletes like Lewis were tied to using deer antlers as a supplement.

"The world seems to revolve around the word-of-mouth marketing. (Lewis) raised awareness. Sales were great before but this has really helped. And we get a lot of repeat business," Limacher said.

But until there have been more studies on the effects of elk antler pills on athletes' performance the ban on products related to IGF-1, such as Limacher's, isn't likely to change.

The struggling wave of electric sound

Megan Narsing

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Limbo and Archie Cooper aren't household names. In fact they aren't even very well known in their own province. A select audience follows their work—electronic music fans.

In Regina the raging musical scene is rock and punk bands at O'Hanlons and folk groups. Unlike big cities all over the world, electronic music hasn't really taken hold in Regina, according to Cooper.

Electronic music is completely made using technology, including turntables and, in some cases, just a laptop and a few mixing programs.

"In Regina's case I believe it will always be a predominantly rock town. The majority want bands with physically visible guitars and drums and such," said Cooper.

Cooper was born and raised in Arcola, Sask. but after a few years on the Regina scene moved to greener pastures in Ontario and B.C.

"I found most people in Regina were happy to see me doing my thing even if it wasn't something they were into. The people who were into it were stoked and extremely supportive."

Although more DJ's are popping up at Regina clubs - like Gabbos and PURE - and social events, it's difficult to keep



Limbo at working making music dressed as his stage persona. Photo by Megan Narsing

struggling performers around. But the artist Limbo sees a light in the distance.

"Regina is getting an electronic music interest. And there are definitely record labels being based out of here and there are other musicians from here, so I'm really hoping that Regina will have a part of the experience with electronic music in the future," he said.

Limbo was born and raised in Regina.

He's been on the electronic scene since 2004 as a DJ and recording artist.

"Electronic music is growing right now. You just have to give it a chance. I know a lot of people out there are picking up in DJing. There seems to be a lot of basic DJing out here but not a lot of dance parties," Limbo said.

The rise of DJs is a bit of a double-edged sword, Limbo added. With not

many available venues open for them, work is scarce. Limbo recalled that in the past he would play two to three parties or raves a month; now he said he's lucky to get four or five a year.

"I don't know what the future holds. I mean I'm not a well-known artist. I'm not featured on a magazine or anything. I have a small following but I hope it can get bigger in the future."